

Contact Peninsula Family and Consumer Sciences Agents for questions related to topics such as Management, Housing & Consumer Education, and Family & Child Development

**Planning District 21
Family & Consumer Sciences
Agents**

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Management, Housing &
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Newport News
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Family & Child Development
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PO Box 532
Yorktown, Virginia 23690-0532
(757) 890-4940 / Fax 890-4033
E-mail: ex199@vt.edu
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**Cholesterol
Education
Newsletter**



**Ideas for
Reducing
Blood Cholesterol**

**Take Charge
of Your Health
Today!**



**A free learn-at-home
nutrition newsletter
to decrease your risk
of cancer.**



Does Your Diet Protect You?



Educational service of Virginia Cooperative Extension—Bringing research information to you from Virginia Tech and Virginia State Universities.

**FREE Healthful Newsletter Series' from the
Virginia Cooperative Extension**

MAIL TO: ANNIE P. GILMER

VCE-YORK COUNTY

PO BOX 532

YORKTOWN VA 23690-0532

Change of HEART If your blood cholesterol is 240 or greater, you have more than twice the risk of experiencing heart disease as someone whose number is 200.

Fortunately, high blood cholesterol is one of the major risk factors for heart disease that you can do something about. **The Change of Heart newsletter** will help you get started.

The **Change of Heart** newsletters will help you learn how to shop, cook, and eat to lower your blood cholesterol.

The newsletter is provided **free of charge** and includes **six issues** mailed to your home. You will receive two issues each month. You will be asked to complete a pre- and post- survey that will help us evaluate the benefits of this educational newsletter series.

Comments from subscribers who have found the newsletters to be most helpful:

"...This convinces me I must change the way I select foods."

"...As a result of the newsletters I know exactly where I need to make the changes in my diet."

"...well written and very helpful."

Developed by Mary Dodds, M.S., R.D.
Nutrition Specialist, University of Nevada Cooperative Extension, in conjunction with the University of Nevada School of Medicine



Cancer is the second leading cause of death in Virginia. It is estimated that as many as 1/3 of all cancers may be prevented by what you eat.

C/O Your Health is a free learn-at-home newsletter series developed by Virginia Cooperative Extension and focuses on encouraging good eating practices to decrease the risk of cancer. **Six issues** highlight information related to promoters and protectors of cancer; fiber protectors in fruits, vegetables and grains; antioxidants; phytochemicals; and good lifetime eating practices. Each issues features articles on nutrition research facts, health check-ups, family focused activities, and cooking with Pyramid Chef.

All participants will receive a pre-questionnaire to evaluate their current nutritional practices before receiving the first newsletter. Six issues will be mailed to your home. You will receive two issues each month.



Eat the 5-A-Day Way!



Provided by:

**Virginia Cooperative Extension
York County Office
100 County Drive
P. O. Box 532
Yorktown, Virginia 23690-0532**

(757) 890-4940 / Fax: 890-4033

E-Mail: ex199@vt.edu

**Local Web: www.yorkcounty.gov/vce
VCE Site: www.offices.ext.vt.edu/york**

If you have questions or are interested in other nutrition and health resources, contact your local Virginia Cooperative Extension office. Family and Consumer Sciences agents offer a variety of educational programs related to family life, personal finances, nutrition, and food safety.

VA Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer.

Take charge of your health today!

Complete and mail the form below to get your free issues of **Change of Heart** and **C/O Your Health** newsletters.

(Please check all that apply)

☐ Yes, Send me FREE **Change of Heart** newsletters.
First issues mailed: **October 7, 2002**

☐ Yes, Send me FREE **C/O Your Health** newsletters.
First issues mailed: **October 15, 2002**

Name: _____

Daytime Phone: _____

Address: _____

City State Zip

My blood cholesterol is: _____

Approximate date of last cholesterol test: _____

Office use only

Date received: